

USCG KODIAK, ALASKA



OVERVIEW OF COAST GUARD
BASE, RUNWAY, AND WOMEN'S
BAY

Where all the units come together to complete the Mission!

Welcome to Kodiak, Alaska, and the Coast Guards largest base! Kodiak also has the honor of being designated a Coast Guard city! It is our hope that you will have a successful relocation to Alaska and a wonderful tour as part of our community. This guide has been published to help you have important information available to assist with your relocation planning process along with the picture DVD of the base and community area. Have questions? Feel free to contact the Kodiak Relocation Office by phone or e-mail. 907-487-5525 Ext. 275 or Debbie.J.Bower@uscg.mil



CUTTERS IN PORT



BASE SUPPORT UNIT



HELO AT AIR STATION

Let's Get Started:

Location:

Kodiak Island is situated in the Gulf of Alaska approximately 250 miles Southwest of Anchorage. Travel to the mainland is available by either a one hour airplane ride or by ten to twelve hour Alaska Marine Highway ferry ride to Whittier or Homer, Alaska. Both methods of travel off island are expensive and Kodiak is a high cost of living area due to its remote location and unique environment.

History:

Coast Guard Base Kodiak was established in 1972 upon satisfactory turnover of Naval Station from the US Navy to the USCG. Kodiak is proud to be designated as a Coast Guard City with the largest Coast Guard base in the United States. The base in Kodiak serves approximately 1000 active duty members, 1700 family members and several hundred civilians.

Directions to Installation:

Kodiak has a small one room airport. You will depart the airport drive, turn left onto Rezanof Drive. Approximately one mile down Rezanof you turn left into the main gate entrance. No public mass transit or military shuttle is available. Taxi service is available but expensive.

Arriving Alaska Marine Highway System on M/V Tustumena at Dock 1: Left turn out of ferry terminal parking lot onto Marine Way and travel to Rezanof Drive. Turn left at the light onto Rezanof Drive. Travel approximately 6.5 miles and turn left into the main entrance gate to the base.

Arriving Alaska Marine Highway System on M/V Kennicott at Dock 2: Exit parking lot and turn left onto Rezanof Drive. Travel approximately 6.5 miles and turn left into the main entrance gate to the base. **Military ID or drivers license is required at main gate.**

Sponsorship:

Each unit is responsible for assigning sponsors. If you have not received your unit Welcome Aboard Message with a sponsor name and contact number, please call your new unit and request a sponsor. If you are assigned to a ship that is underway your Unit Ombudsman is your second line of contact for unit information. Contact information is listed in your unit welcome aboard message.

Temporary Quarters:

Quarters are available in the barracks for E-6 and below single members. Call 907-487-5262 or 5260. Temporary lodging is available for families and E-7 and above on base at the Guest House. Some features of this facility are refrigerators in each room, three community kitchens, laundry areas, and a playroom for small children. The Guest House does not allow pets and reservations should be made as soon as possible due to limited summer availability. A limited number of RV sites with utility hook-ups are also available through reservation with the Guest House. MWR web page <http://www.kodiakmwr.com> or for reservations call 907-487-5446. Lodging is also available at the hotels and many bed and breakfast facilities on Kodiak.

Relocation Assistance:

The Transition-Relocation Manager (TRM) is located in the Work Life Office room 522 in building N-27 above the Commissary. The TRM can provide relocation packages, information on spousal employment and referral to points of contact that may answer your questions. The TRM can be reached by e-mail: Debbie.J.Bower@uscg.mil or calling **907-487-5525, Ext. 275 or toll free at 800-872-4957, Ext. 563 then Ext. 275**. Relocation packages are not mailed unless requested by member or sponsor.

Overseas Entry Approval: Upon receipt of your Permanent Change of Station orders, your command must request and receive Overseas Entry Approval for you and all dependents. Entry Approval must be obtained prior to incurring any cost associated with your move. Screening is required in accordance with Coast Guard Assignments and Authorized Absences Manual. Screening includes general questions as to your background to include any long term (one year or more), medical and/or special needs and financial status. All questions regarding Overseas Entry should be directed to the Kodiak Housing Office, 907-487-5310, Extension 144,145 or 146.

Driving through Canada: Anyone with a criminal record including misdemeanors or minor offenses such as those listed below (but not limited to) may be barred from entering Canada as members of an **Inadmissible Class**.

Shoplifting
Theft
Assault
Dangerous Driving
Unauthorized Possession of a Firearm
Driving While Intoxicated (DWI)

More information is available on the Canadian Embassy Link <http://geo.international.gc.ca/can-am/washington>. Personnel and accompanying dependents who meet the criteria for Inadmissible Class and barred from entering Canada shall perform airline travel to Kodiak.

Alaska Marine Highway System (AMHS): If you choose to use the ferry system then reservations should be made as soon as possible. Reservations can be extremely limited especially from Bellingham, WA through the inside passage. Reservations must be made by and paid through the centrally billed travel account through SATO Travel that provides service to your unit. Members require proof of paid tickets to board and orders must reflect authorization to travel ferry system. Pets require health and rabies certificate issued not more than 30 days prior to boarding. If traveling through Canada bring no fee passports for dependents, birth certificates, proof of vehicle liability insurance, proof of sufficient funds to handle emergencies and rabies vaccination certificates for pets.

AMHS Schedules can be viewed on line: www.dot.state.ak.us/amhs/

Passport Information: As of January 1, 2007, per ALCOAST 113/07, Active Duty members on PCS orders may transit through Canada with orders and valid military identification. All dependents transiting through Canada **must** possess an official no fee passport. Active Duty members who require passports for deployment may obtain them once they arrive at their new unit. Kodiak's passport agent can be reached at 907-487-5170, Ext. 182 with questions or referral to local passport agent at current duty station area.

Canada Firearm Laws: Revolvers, Pistols and Semiautomatic weapons may not be transported through Canada and must be shipped. Rifles and shotguns may be accorded movement but as of January 1, 2001, visitors must report their firearms to Customs at the border, complete a non-resident firearms declaration form in triplicate, have it confirmed by a Customs Officer and pay a \$50 Canadian Fee. Canadian Firearms Centre at http://www.cfc-cafc.gc.ca/factsheets/visitin_e.asp or call 800-731-4000.

Firearm compliance is YOUR responsibility, make sure you know the regulations on guns and ammunitions if you are chosing this mode of transportation for your PCS move to Kodiak!

Pet Information for Travel & Boarding

Pet Boarding & Veterinary Services:

Pet boarding is available on Kodiak from the following businesses:

Kodiak Vet Clinic: 907-486-5418

Redgate Boarding: 907-487-2731 or 907-942-2731

Alpenglow Boarding: 907-942-7866

Kodiak Dog Kennels: 907-486-2887 or 907-539-5011

Currently there is only one veterinary clinic located on Kodiak providing medical services. Several local stores stock pet supplies. For details on cost of service contact the Kodiak Vet Clinic directly.

Some hotels in Kodiak have rooms that are rented as pet friendly with a pet deposit. Check your Visitors Guide or Kodiak Visitors Site at www.kodiak.org.

Transportation:

Good Pet web sites for information are:

Humane Society's page http://www.hsus.org/pets/pet_care/caring_for_pets_when_you_travel

Pet Welcome www.petswelcome.com

Make sure if you are flying with pets that you check with connecting airlines in regards to pet regulations and time of year restrictions for flying with pets as cargo. No pet quarantines are involved with moving to Alaska.

Pets on Alaska Marine Highway System pets must have a valid rabies certificate and a health certificate, issued within the past 30 days. Pets are restricted to the vehicle deck (except animals aiding disabled passengers) and must be transported inside a vehicle or in suitable containers furnished by the passenger. During long sailings, there will be 15-minute car-deck call announcements when passengers may visit the car deck to feed, water and walk their pets on that deck. Pets may also be walked during port stops. More information can be found at AKMHS web page www.dot.state.ak.us/amhs/pubs.

Pets driving across the border (U.S. and Canada) dogs and cats at least 3 months old must have a current (not more than 30 days prior to crossing) veterinarian certificate signed and dated verifying they have a current vaccination against rabies and also a health certificate, stating that your pet is healthy. Certificates must clearly identify your animal. Up to date information can be found at Milepost www.themilepost.com or Canada Welcomes You www.canadawelcomesyou.net.

Pets in the City and Borough of Kodiak and Base:

- Kodiak Animal Shelter <http://home.gci.net/~kshelter>
- Animal Control <http://www.city.kodiak.ak.us/police/Pages/AnimalControl.aspx>
- On the Coast Guard property, animals must be under full control by owner at all times.

Two domestic pets are allowed in CG Family Housing. Pets are not allowed in the Enlisted Barracks except for tropical fish. For specific regulations or concerns contact Military Police at 907-487-5555.

Overseas Screening and Entry Approval

Overseas Entry Approval must be obtained prior to incurring any cost associated with PCS orders. Screening is required in order to receive Entry Approval. The screening of dependents requires screening by a Military Treatment Facility, TRICARE Primary Care Provider or dependent's Primary Care Provider. Getting an appointment could delay completion of the screening for up to 90 days. Please make an appointment as soon as possible for all dependents. It is your personal responsibility to ensure your screening is complete.

Upon receipt of your PCS orders, your Command must request and receive Overseas Entry Approval for you and all dependents to enter Alaska since it is considered an overseas area. The Coast Guard Assignments and Authorized Absences Manual requires that you and your dependents be interviewed and screened to determine suitability for overseas duty. The screening will include general questions as to your background to include any long term (one year or more), medical or financial status or special needs.

It is very important that a proper screening is conducted and all information requested be provided to make sure you and your family's needs can be accommodated. Once the Housing Office has received your entry request, it will be reviewed along with the Overseas Screening Check-list to ensure that you and your family meet all eligibility requirements. When your request has been approved, you will receive Entry Approval.

Questions concerning entry approval should be directed to Kodiak Housing Office at 800-Kodiak2, Extension 144, 145 or 146.

Reporting Procedures:

You should contact your assigned unit sponsor for reporting procedures and provide your date, location and time of arrival. Inquire about them meeting you upon arrival to provide transportation. If you arrive in Kodiak and have no transportation from the airport contact your unit. There is also a sign in the airport with directions on who to contact once you arrive. If you are required to take a taxi make sure you save the receipt for your travel claim.

To ensure that your overseas allowances are started, you must officially report for duty at your new unit the day you arrive on island and have your travel orders endorsed. If you are reporting after hours or on the weekend, contact your Unit OOD to have your orders endorsed on the day of your arrival.

Until you report for duty, you will not be entitled to BAH (Basic Allowance Housing) at the Kodiak rate, eligible for government housing, COLA (Cost of Living Allowance) or TLA (Temporary Lodging Allowance).

If you are reporting to a ship that's deployed, report for duty to the Base Kodiak Administration Office building N-38, first floor. (First building to the right after entering the main gate to the base).

Getting Married Enroute: Contact your Admin Office for counseling.

What is the cost of living in Kodiak?

Living on Kodiak:

Kodiak is considered a high cost of living area, therefore, during the Overseas Screening Process individuals will be screened for financial suitability. Below listed items are to assist individuals if they are seeking housing in the community once mandatory government quarters are filled.

Average cost of rentals on Kodiak: (All rentals are expensive and at times we have very limited availability)

- Two bedroom rentals range from \$1000 to \$1200
- Three bedroom rentals range from \$1400 to \$1800
- Four bedroom rentals (extremely limited availability and usually single family housing) range from \$1600 to \$2000

Average cost of purchasing a home on Kodiak:

- Single family homes are usually available for purchase between \$275,000 to \$500,000 depending on size, location, and condition of home.

Rentals are **limited** and **not** always available on Kodiak. Kodiak has a very unique rental environment with most properties being private landlord owned and operated rather than apartment complex type rentals. Single family rental homes are limited. Some rentals in Kodiak may include utilities in the rental charge and others may leave all utilities as the responsibility of the renter. Keep in mind whether renting or purchasing a home in the community utility costs can be very expensive compared to what you have paid at other duty locations especially home heating oil. Older homes and apartments, if not energy efficient, can result in higher utility cost when renter is responsible to pay. Request from landlord a history of utility cost for that rental location.

It is highly recommended that you inquire about the average cost of utilities for the rental or home you are considering renting (buying) if you are responsible for paying utilities.

Utilities can be very expensive on Kodiak and can include any or all of these items if not covered in the rent:

Water & Sewer

Garbage

Home Heating Oil

Electric

Rental Sales Tax

Cleaning-Damage Deposit

Pet Deposit

Property Taxes & Closing Cost (if purchasing)

Pay Resources to help develop your new budget:

- Basic Allowance for Housing (BAH) and Overseas Cost of Living Allowance (COLA) rates can be found at <http://perdiem.hqda.pentagon.mil/perdiem>. Zip Code 99615. Kodiak COLA rates use Locality Code AK089.
- Temporary Lodging Allowance (TLA) is based on current per diem rate for Kodiak, amount you spend for lodging and number of dependents with you. TLA can be up to 60 days while waiting for or actively seeking housing. Your unit Yeoman should be able to estimate TLA for you.

FAMILY GOVERNMENT HOUSING



OVERVIEW OF HOUSING IN KODIAK

(Effective FY2013) Assignment to OCONUS government housing is MANDATORY

All base family housing in Kodiak is government owned and operated by the Kodiak Housing Office. On the following pages you will find more detailed information regarding family housing on base. General floor plans (although all units are slightly different) may be available by request from the housing office.

Non-Government Housing:

Kodiak is considered a high cost of living area. Kodiak also has a unique, limited and expensive rental market. Rentals that allow pets can also be difficult to find.

Most apartments are owned by private landlord rather than large complex. Renting an independent home can be very costly when paying rent and utilities. You are encouraged not to enter a lease from a distance without looking at the apartment or home and understanding what the average utility cost are for the dwelling.

All military members entering a lease shall include an Alaska Military Clause into their contract. For your protection the base legal office will review your rental lease before signing if requested.

Rentals are posted in the Kodiak Daily Mirror Newspaper classified section on the Internet at www.kodiakdailymirror.com and on the base electronic bulletin board found on the government computer.

Your unit Sponsor should be able to forward electronic bulletin board rental listings to you or the link so you can view the board directly.

There are also three real estate companies on Kodiak that at times have rentals available. Contact information can be found on the Kodiak Visitors page at www.kodiak.org.

It is very important that you work with your assigned sponsor to have a successful move.

It is also suggested that individuals renting on the community review the State of Alaska Landlord Tenant Act at www.dced.state.ak.us/occ/pub/landlord.pdf. **Please read the entire lease before signing.**

All questions regarding family government housing, overseas screening or entry approval must be addressed directly to the Housing Office at 907-487-5310, Ext. 144, 145 or 146 or toll free to 800-Kodiak2, Ext. 144, 145 or 146.

Welcome to Kodiak and we look forward to serving you and your family during your tour!

SOME OF OUR FAMILY HOMES!



FOUR-PLEX ENLISTED



DUPLEX ENLISTED



OFFICER & SEN. ENLISTED



OFFICER & ENLISTED

Kodiak Government Family Housing

Effective FY 2013, assignment to OCONUS Government Housing is MANDATORY.

Kodiak has government family housing. During the Overseas Screening process you will be required to fill out a housing application and automatically placed on the housing list when you are granted Overseas Entry Approval. Your name will be placed on the appropriate bedroom waiting list according to the Coast Guard Housing Manual. A release from assignment to Government family housing will be granted for certain cases.

Types of Housing:

Kodiak has government owned housing located in four different areas (Upper and Lower Government Hill, Aviation Hill, and Lake Louise) and the complex has eleven different styles of homes. Homes offered may have a garage, fenced yard, or be a four-plex apartment style home. In some cases the only home that we may be able to provide will be a four-plex apartment style home. Housing is assigned based on a members control date and estimated date of arrival. When you receive orders to a unit in Kodiak contact the housing office for more detail 800-Kodiak2, Ext. 144, 145 or 146.

Housing consists of two, three, and four bedroom duplexes, two and three bedroom four-plexes (apartment style), three bedroom single-family homes, and three and four bedroom townhouses.

In the past, families have experienced high levels of stress due to expectation of assignment to a particular style home (i.e. house with garage/fenced in yard). You are highly encouraged to discuss with all family members the potential for assignment to any type of available housing throughout our complex.

Size of Family Homes:

- 2-bedroom units range in square footage from 1050 to 1400 square feet, 3-bedroom units are from 1466 to 1560 square feet and 4-bedroom units are from 1684 to 1760 square feet.
- Command Quarters range in square footage from 2340 to 2820 square feet.

All government housing units include washer, dryer, dishwasher, stove, fridge.

You are highly encouraged not to bring appliances to Kodiak but to place them in storage at your previous duty station. You should bring adequate furniture for the size of the unit you are expecting to be assigned. Large furniture items such as a baby grand piano, large bedroom suites, or any other oversized or excess items should be placed in non-temporary storage at origin. Non-temporary storage in Kodiak is expensive and will not be authorized at Government expense.

What size house do I qualify for:

Dependents, excluding spouse	Minimum Number of Bedrooms
One	2 Bedrooms
Two , except as follows:	2 bedrooms
Two, one over 10 years of age	3 bedrooms
Two, one over 6 years of age, opposite sex	3 bedrooms
Three , except as follows:	3 Bedrooms
Three, with two over 10 years of age	4 Bedrooms
Three, one 10 years or over and other two opposite sex with one 6 years or over	4 Bedrooms
Four , except as follows:	3 bedrooms
Four, one 10 years or over	4 bedrooms
Four, one 6 years or over and all of the other three opposite sex of the one	4 bedrooms
Four, two 6 years or over of opposite sex and two same sex	4 bedrooms

Waiting Times:

Availability is based on the number of vacancies during a transfer season. Depending on availability, you may experience waiting times for government housing from less than 30 days to 2 months.

3 and 4 bedroom families can expect some delay in obtaining government housing. Many factors can contribute to this delay, including departure of member's currently living in the home. While every attempt is made to ensure minimum disruption to incoming families, **keeping in contact with the housing staff** should preclude unnecessary stress on arriving families.

Assignment to government family housing:

The housing office requires newly arrived members to produce an endorsed copy of their travel orders after arrival. Endorsement shall state the day and time that the member officially reported for duty to their new Kodiak unit. This will officially place all members in the proper order of their reporting which may effect their placement on the housing list.

Overseas housing assignment is **MANDATORY**. If a member arrives prior to his/her family, there is not an immediate need for family housing and therefore housing cannot be assigned. Members may be assigned housing if documentation is presented showing the dependents will be arriving in Kodiak within two weeks of assignment.

Officials conducting overseas screening must give careful consideration to housing needs. Waivers regarding family size must be requested. Waivers to the published family guidelines will be considered, provided the member and dependents fully understand that housing may **not** be available.

If member is being deployed after arrival and spouse is acting on their behalf during the absence a Power of Attorney (POA) is required when dealing with household goods and/or submitting temporary lodging allowance (TLA) claims.

Temporary Lodging Allowance:

Once you have reported into your unit, you are entitled to receive TLA to help cover the additional cost of lodging while actively seeking permanent housing on the economy, or while waiting for household goods delivery or government quarters. TLA is limited to a maximum of 30 days within the parameters of the Base Kodiak TLA policy.

TLA is based on the current per diem rate for Kodiak, the amount you spend for lodging, and the number of dependents. Without access to your pay record, the Housing Office cannot provide you with an accurate estimate of your entitlement. Contact your unit Yeoman for more information.

You can make reservation at the MWR Guest House on base, local hotel or any Bed and Breakfast. It is suggested that you find out the maximum lodging allowance from your Yeoman before making reservations. If you stay with friends or family, you are entitled to the "Meals Only" rate and cannot be reimbursed for lodging. You must be able to provide a paid receipt for lodging from a licensed business establishment.

You must pay for your lodging and submit the claim in 10-day increments to the Housing Office. Your Citibank government charge card is the preferred method of payment. If you are not eligible for a charge card, you should have at least \$2000.00 in negotiable funds to pay for lodging pending reimbursement.

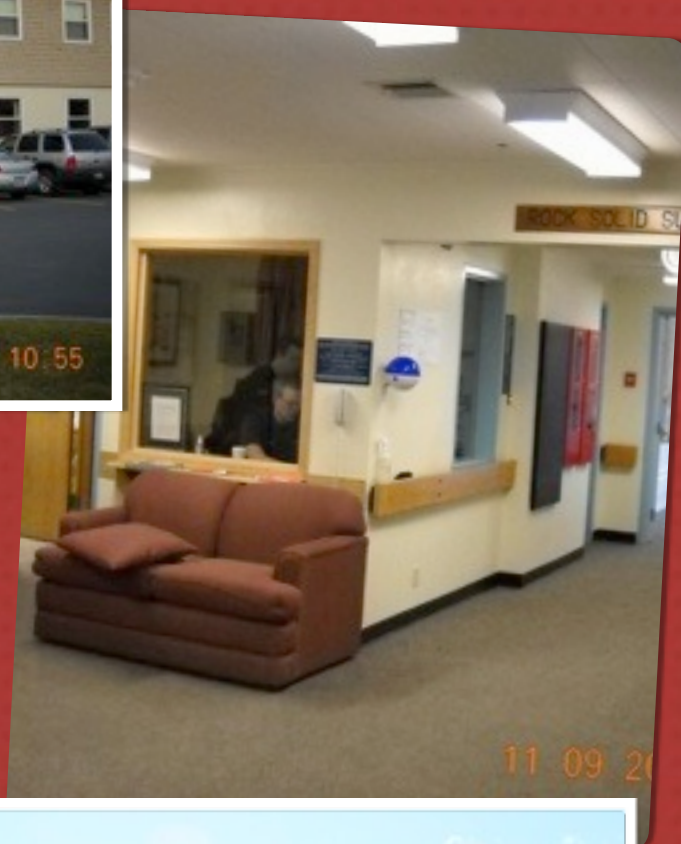
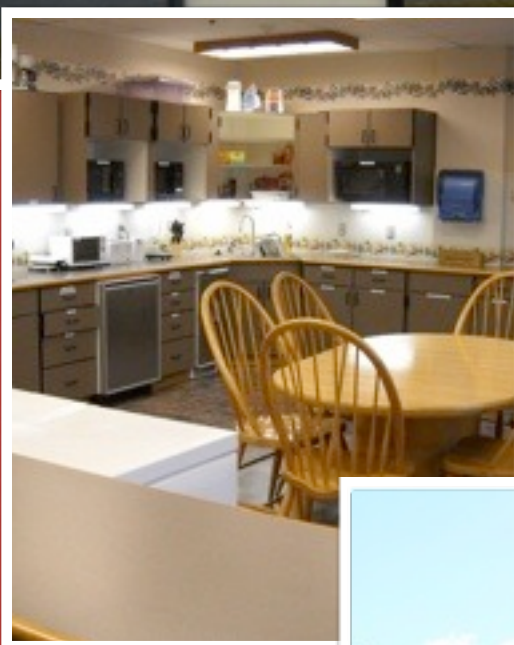
Claim forms are located outside the Housing Office in the information rack. Required supporting documentation includes the original hotel receipt showing a daily rate and number of days stayed, an endorsed copy of your PCS orders, and the record of housing search located on the back of the form. Turn forms into the Housing Office. The Housing Officer will certify and forward for payment calculations and submit if required to the Finance Center for payment. Once the Finance Center has received the claim, it normally takes approximately 3 weeks for direct deposit reimbursement. To check on the status of your claim call the Finance Center at 800-564-5504.

Kodiak Housing Office Contact Information

Toll Free: 800-KODIAK2 Ext. 144, 145 or 146

Direct Line: 907-487-5310 Ext. 144, 145 or 146

UNACCOMPANIED PERSONNEL HOUSING



All questions concerning the UPH or release from quarters should be addressed to the UPH directly at 907-487-5262 or 5260.

E-6 and below must report directly to the UPH, Temporary Lodging Allowance will not be authorized. Release from UPH will be authorized in accordance with Commandant and Base Kodiak Instructions.

E-7 and above will be authorized Temporary Lodging Allowance once they have reported into their unit while awaiting household good delivery and actively looking for permanent quarters in the community. **TLA information is available under Family Government Housing information.**

Types of quarters:

Kodiak has a total of five enlisted barracks located on base. The UPH is a two-floor, four building complex joined together by an enclosed walkway which extends to the galley. The fifth two-floor building is detached from the main complex and located just down the street. Residents include members from all commands on the complex.

One and two person, fully furnished rooms are available for personnel E-4 and below afloat and E-3 and below ashore. Enlisted barracks rooms range in square footage from 250 to 500 square feet. Bathrooms are shared between two adjacent rooms. There are TV lounges, laundry facilities and two community kitchens. Rooms have Cable, Internet and phone connections available for connection at member's expense. Refrigerators and microwaves are provided in each room.

Individuals may bring personal effects (no furniture) including fishing and hunting gear, television, stereo, etc., be aware that **storage is not available on Kodiak**. Long term Non-Temporary Storage (NTS) is available prior to departing your unit. **You must obtain authorization from the barracks to bring large or excessive items.**

Pets are not permitted in the barracks and firearms must be stowed in the armory located at Military Police on the lower floor of the Base Kodiak Administration building.

AVAILABLE BASE SERVICES



- Base Medical Clinic & TRICARE
- Work Life Services
- DECA Commissary
- CG Exchange
- FCC Childcare Program

Rockmore - King Clinic

Overseas screening for active duty members and their families must be completed prior to coming to Kodiak due to the lack of specialized medical care available locally. Chronic medical problems not declared during screening could affect your eligibility to remain in Kodiak. It is recommended that all medical and/or dental problems that can be dealt with while in the Lower 48 should be taken care of prior to transfer to Kodiak.

The base clinic located just inside the base main gate, provides outpatient medical and dental care to active duty personnel and outpatient medical care to family members. School and sports physicals for children are also available by appointment. Appointments for medical care can be made by calling 907-487-5757, Ext. 149.

The facility has no inpatient or emergency room capability but provides limited after-hours care to active duty members. After hours urgent care is available locally for family members at two civilian walk-in clinics. All patients needing emergency care should call 9-1-1 or proceed directly to the local emergency room located at Providence Kodiak Island Medical Center (PKIMC). Most patients who require inpatient care are either referred to PKIMC or referred off island to Joint Base Elmendorf Richardson (JBER) in Anchorage. Routine medical and dental care through TRICARE Prime Remote and the TRICARE Family Member Dental Plan is available in the local community. Access to specialty care is limited in Kodiak. Both PKIMC and the Rockmore-King Clinic periodically bring visiting specialists to the island. However, most patients needing specialty care must be flown to Anchorage usually via the twice-monthly Air Station Kodiak C-130 Medical Flights. Patients are normally referred first to JBER Hospital. If the necessary services are not available from JBER, patients are usually referred to a TRICARE Network provider in Anchorage.

TRICARE Entitlements:

To ensure Coast Guard active duty family members have excellent access to health care services while stationed in Kodiak, they can enroll in TRICARE Prime Remote (TPR). Under TPR, family members incur no out of pocket costs (except for non-MTF pharmacy co-payments). This means no deductibles, cost-shares, or co-pays. Unlike TRICARE Prime, in TPR you will not be assigned to a Primary Care Manager (PCM). That means active duty family members may see **any** TRICARE-certified family doctor in Kodiak while still being entitled to care at our Military Treatment Facility (Rockmore-King Clinic). If you have any questions, please come to the TRICARE Customer Service Center, located in the clinic.

People with PCS orders to Kodiak, should **not** disenroll from their managed care program (TRICARE Prime or Prime Remote) prior to transfer. While enroute to Kodiak, you must contact your Health Care Finder/TRICARE Service Center or your Primary Care Manager for your current region for pre-authorization for routine medical care. However, pre-authorization is not required for emergency care.

It is important that you use your prior duty station address to avoid billing errors when filling out billing information at the clinic or hospital where medical care was obtained while enroute to Kodiak. Also, be sure that your family members' medical records are transferred to Kodiak (either hand-carried or mailed from your previous unit). Any active duty dependent family member age 18 or older must, by law, pick up their own records; unless they have signed a medical release authorizing you to hand carry them.

Upon arrival in Kodiak, all active duty members must check in with the Rockmore-King Clinic where we will verify DEERS and TPR eligibility. You will also be directed to the TRICARE Service Center where you can transfer your TRICARE enrollment from your previous region to Alaska. Active duty members must enroll in TRICARE Prime, with Rockmore-King Clinic as your Primary Care Manager (PCM). Active duty family members are highly encouraged to come in to the Clinic to enroll in TPR and also have their DEERS eligibility verified. Family members choosing not to elect TPR must disenroll from their previous region and then are covered under TRICARE Standard. These are the only two options available in the Kodiak area.

Dental Services:

Complete dental care, with the exception of orthodontics, is provided for all active duty members in the Rockmore-King Clinic. Routine dental care for family members is available in Kodiak but will likely cost more than you are used to paying elsewhere. Therefore, it is strongly recommended that family members enroll in the TRICARE Family Member Dental Plan (FMDP). A civilian orthodontist visits Kodiak regularly; however, the orthodontic care is expensive. TRICARE FMDP does provide limited coverage for orthodontics but you can expect significant out of pocket expenses. Orthodontic care is widely available in Anchorage and is less expensive than in Kodiak but that is offset because you will incur other expenses. Some families arrange their orthodontic appointments in Anchorage to coincide with the twice-monthly Medical Flights, however, with the exception of flying on a Coast Guard aircraft; all other expenses are the responsibility of the member.

If you have specific questions about health care services available at the Rockmore-King Clinic, please call the Clinic Supervisor at (907) 487-5757 Ext. 109 or the Clinic Administrator at Ext.107. For questions about health care services available in the local community or in Anchorage or about your TRICARE benefits, please stop by the Clinic TRICARE Service Center upon your arrival in Kodiak.

Work Life Services

Supporting Operational Readiness

Toll Free Number: 1-800-USCGWLS Ext KOD

Direct Number: 1-907-487-5525

- ***Family Advocacy Specialist (FAS): Call Extension 272***

Provides prevention of family violence through educational programs and parenting classes. The FAS handles crisis intervention and case management of all child and spouse abuse reports.

- ***Family Resource Specialist (FRS): Call Extension 274***

Manages the Special Needs Program by securing enrollments and linking families with special services for medical, emotional, and educational conditions. Also offers, scholarship information, elder care referrals, adoption assistance and is the area Unit Ombudsman Coordinator.

- ***Health Promotions Manager (HPM): Call Extension 273***

Provides information dealing with health promotion covering the following: tobacco cessation, stress management, nutrition, weight control and fitness. Assessments and recommendation are provided for individuals or groups.

- ***Employee Assistance Program Coordinator (EAPC): Call Extension 276***

Responsible for Critical Incident Stress Management (CISM), Suicide Prevention, Victim/Witness Assistance, Workplace Violence Prevention, Financial Competency, Red Cross Liaison, Rape & Sexual Assault Prevention. The CG SUPPRT program provides free, confidential assessment, referral, and short-term counseling for employees and their families. To speak with a CG SUPPRT counselor call 1-855-444-8724 or 855-CG-SUPRT any time of the day or night. Online information available at www.cgsuprt.com

- ***Transition-Relocation Manager (TRM): Call Extension 275***

The source for transition, relocation, and spousal employment information for active duty Coast Guardsmen and their families. Transition-Retirement (TAP) Workshops, Relocation packages are available upon request from member or sponsor. This program also provides: Sponsor Guides. Spousal Employment: Information to spouses moving to Kodiak on local employment.

- ***Child Development Services Specialist (CDSS): Call Extension 270***

Manages the Family Childcare Program (FCC) where spouses can be certified and operate a childcare business in government owned housing. This individual also is a school liaison between Kodiak area schools and Coast Guard families.

- ***Substance Abuse Prevention Specialist (SAPS): Call Extension 281***

Educational and referral resource for commands, CDARS, Coast Guard active duty, and family members on substance abuse issues. The SAPS provides initial substance abuse screenings, and impact training.

Other Base Services (Store times listed are subject to change)

DECA COMMISSARY:

Online Information: www.commissaries.com

Kodiak Commissary Schedule: CLOSED (Monday & Tuesday)

Wed: 1000-1800; Thurs: 1130-1800; Fri: 1130-1800; Sat: 1200-1800; Sun: 1200-1800

CG Exchange:

Gas Station: 24 hour credit/debit card or call 487-5170

Beauty Shop Hours: call 487-5432 Located in Building N-27 above Commissary

Barber Shop Hours: call 487-5847 Located in Building N-27 above Commissary

Main Exchange: Call 487-5772

1st Floor Convenience Store: Monday-Saturday 0700-2100 & Sunday 1000-2100

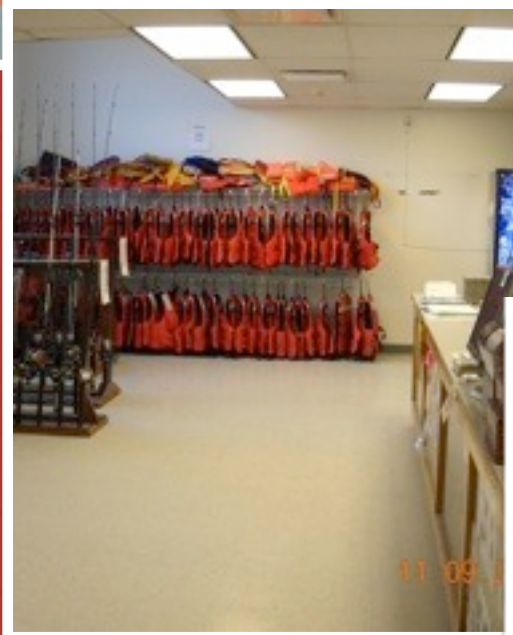
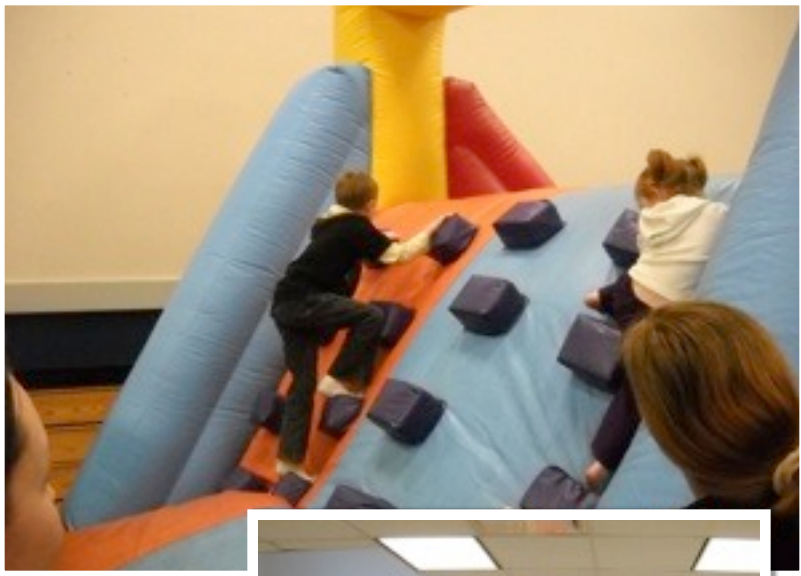
2nd Floor Furniture/Audio/Visual/Sport Goods: Mon. - Sat. 0900-2000 & Sunday 1200-1700

Family Child Care Program (FCC):

The Kodiak FCC program offers a quality, flexible program that provides safe and dependable childcare by certified family child care providers in government housing. All providers are enrolled in the USDA program to ensure children's nutritional needs are met. Providers are trained in CPR, First Aid, health and safety requirements, medication management, special needs, child abuse prevention and have additional annual training in early childhood development.

FCC homes serve children 6 weeks to 12 years of age, fees are set by each individual provider and providers participate in Coast Guard and State of Alaska child subsidy programs. Providers are inspected on scheduled and unscheduled visits. Contact HSWL Kodiak Work Life Office at 800-USCGWLS Ext. 563 for more information or a list of current providers.

MORALE, WELL-BEING & RECREATION



KODIAK IS HOME TO THE LARGEST MWR
OPERATION IN THE UNITED STATES COAST GUARD!

"YOUR FUN IS OUR BUSINESS"

CHECK OUT THE LATEST INFORMATION ON ALL
MWR ACTIVITIES ON THE INTERNET AT
WWW.KODIAKMWR.COM

MWR has many great programs in Kodiak all current activities can be viewed on their web page. A few of the youth programs available are listed below in more detail:

MWR Youth Activities Program

The Youth Activities Program and Teen Center operated by MWR is affiliated with Boys and Girls Clubs of America (www.bgca.org) and consists of three activity areas: Youth Sports Programs, Youth Special Events, and the Teen Center.

The primary goal of youth sports program is to provide support to military and DHS civilians' families by providing safe, age-appropriate activities that help develop confidence and opportunities for youth to develop the skills needed to make sound decisions for their future endeavors. The youth sports program consists of Bowling, Basketball, Soccer (indoor and outdoor), Flag Football and other sports type programs for ages 5-17 years of age. The sports programs are recreational in nature stressing participation and having fun.

Youth Special Events include more social-type events like the Winter Holiday Party, Easter Egg Hunt and Kid's Spring Fling. Events like Laser Tag and Roller skating are also added and are very popular during the winter months. These events are designed with a larger age group in mind and are supported by funds raised through the MWR program.

The Teen Center activity agenda provides a diversified program that supports youth 10 to 17 years of age. The center provides youth the opportunity to socialize with friends, as well as opportunities for each person to express their individual talents, providing group and individual activities that challenge youth physically and mentally, helping to build relationships. The center provides sports programs, competitions, teen council meetings, crafts, outings, cooking classes, tournaments, computer access and other support programs.

SPECIFIC PROGRAMS:

Program	Target Age	Fee Requirements	Enrollment	Length of Program
Youth Sports (Basketball, Soccer (indoor and outdoor), Bowling)	5-17 yrs	Cost to cover uniforms and awards	Completed via registration forms available at base gym complex	Seasonal: Typical sport program runs 8 weeks depending on number of teams
Youth Special Events	0-17 yrs	Generally, No Fee	No signup required	Single Day (Some events like roller skating and laser tag are repeated on a monthly basis)
Teen Center	10-17 yrs	No Fee	Signup required at Center	Varies with program

Child Development Center (CDC)

The MWR Child Development Center has been accredited by the National Academy for the Education of Young Children (NAEYC) since 2001. Our program is designed to meet the developmental needs of young children. It provides experiences that enrich and enhance each child's cognitive, language, social, emotional, physical, and creative development. Within the center's daily schedule, each child has opportunities to create, explore a variety of environments, learn problem solving and personal interaction skills, and learn a variety of concepts through first-hand experiences.

CDC offers **Full Day Care** for children 6 weeks through 5 years of age in our Infant, Toddler and Full-day Preschool rooms.

A **Part Day Preschool** program is offered 5 days a week for children ages 3-5. Classes start after Labor Day and end in May each year. The part day program is available during school breaks but closed on Federal holidays.

After School Care is provided for Kindergarten to 5th grade until 5:30pm daily and 7:30am-5:30pm on KIBSD parent conference and teacher in-service days. Full day care is available during school vacations (Christmas and Spring breaks) but at an extra charge. No care is available on Federal Holidays. Ask for details when registering your child.

Drop In Hourly Care is available but based on staff/space availability.

Operating hours and general information:

- Center is open Monday - Friday from 7:30am - 5:30pm.
- Closed on all observed Federal Holidays and some approved early closure dates, for more information contact the center directly.
- Registration fee per child is due upon enrollment or placement on waiting list.
- Standard rate per month may be assessed for full time unless qualified for sliding scale.

Eligibility:

Dependent children of employees of the Department of Homeland Security, both military and civilian, other military personnel, and other Federal employees living or working at or near the unit may use the center.

Children will be admitted according to the following priorities as determined by the status of the parent(s):

- Single parents, whether Active Duty Coast Guard or Civilian Coast Guard employees
- Coast Guard Active Duty and Civilian Employees
- DOD Active Duty Members
- DOD Civilian Employees
- DHS and other Federal Employees
- DHS Contractors
- Community Members

Children will be admitted on a first come, first serve basis within the above mentioned categories.

Staff to Child Ratios at the CDC are based on NAEYC recommendations which are required to provide sufficient, constant supervision in and outdoors.

Alaska Immunization Information: www.epi.hss.state.ak.us/id/immune.stm

MWR Guest House - (Temporary Lodging)

The Guest House on base is a temporary lodging facility operated by Morale, Well-Being & Recreation (MWR). Reservations can be made by calling 907-487-5446, Ext. 1 and credit card guarantee is required. Current rates and other information are available on the Kodiak MWR web page at www.kodiakmwr.com. Summer PCS season is very busy with limited space, call for reservations as soon as possible.

Driving instructions to Guest House:

From the airport: When departing the airport turn left at the stop sign on Rezanof Drive. The main gate entrance is 1.5 miles (on left).

From town: Facing the mountains, turn left on Rezanof Drive. Continue on Rezanof Drive until you arrive at the main gate entrance to the base (on left).

Enter main gate and turn left on Albatross Avenue, (second left). Stay to the right at the “Y” intersection and the Guest house is located on the right.

Guest House Features:

- Three floor renovated non-smoking facility with best rooms on Kodiak.
- 40 room, 5 family suites, 1 suite, and 2 wheelchair accessible rooms all with private baths.
- Open to PCS, TAD and Space Available guest.
- A full kitchen, dining area and complimentary laundry area is available on each floor.
- Small child indoor play room area located on first floor adjacent to lobby area.
- Rooms include daily housekeeping, cable TV, VCR, refrigerator and Wireless Internet.
- 21 day reservation limit but can be extended pending situations and space available.
- No pets allowed.
- Make reservation early since Guest House fills up fast during PCS season.

MWR RV Camper Lot:

- 4 lots are available by calling the Guest House for reservations.
- RV Camper lot is open from May 1st to October 15th.
- Space rental includes electric, septic and water. Picnic tables and fire rings available.
- 30 day reservation limit required with 14 day separation between reservations.
- Covered play ground area near camper lots.

KODIAK COMMUNITY RESOURCES



ABOUT THE COMMUNITY

EDUCATION

SUMMER KID ACTIVITIES

EMPLOYMENT SERVICES

MUST KNOW TID BITS

Education

The Child Development Services Specialist at Work Life can address any questions you may have regarding educational services available in the Kodiak Community.

Contact Ms. Velma Ostlund 907-487-5525, Ext. 270

Education - *Public Schools:*

Kodiak Island Borough School District (KIBSD) <http://www.kodiak.k12.ak.us> operates a fully staffed school district for grades K-12. Current school calendars and enrollment information can be found on the Internet.

There are four elementary schools, one Middle and High school. Elementary students that live in Government housing will attend Peterson Elementary. To register students in Kodiak schools you will need:

- Copies of all school transcripts are needed.
- Current physical medical examination.
- Meet all immunization requirements (Hep A & Hep B is required).
(<http://www.epi.hss.state.ak.us/id/immune.stm>)
- Children starting kindergarten must present proof of birth-date and be five years of age prior to 15 August of the school year they plan to enter.

Medical appointments may be made at Rockmore-King Clinic on base at 487-5757 if a physical is needed. Complete registration information is available on line.

If you are transferring with a child in high school be aware that Alaska has Graduation Qualifying Exams in Math, English and Writing. Correspondence courses are available in the school district for grades K-12 through the KIBSD Regional Learning Center. Breakfast and lunch programs are available with discounts for qualified low income families.

Peterson elementary students will have bus service provided from government housing on Aviation Hill and Lake Louise. Children who reside in housing on base are within walking distance to the school. All Middle and High school students in government housing are provided bus service.

Special Education programs are available for students. If your child/children have and Individual Education Program (IEP) or have any special educational needs contact the Kodiak Family Resource Specialist, Vanesa Bryant at 907-487-5525, Ext. 274 or toll free at 800-USCGWLS Ext. 563 then Ext. 274.

Kodiak schools welcome parental involvement with the student's teachers, volunteerism and PTA activities.

Private Schools:

There is one private Christian School (Kodiak Christian) <http://kodiakchristianschool.org> and one private Catholic School (St. Mary's) <http://www.smskodiak.com> on Kodiak. Both operate classroom instruction in grades K-8.

College and Adult Education:

University of Alaska Anchorage, Kodiak College <http://www.koc.alaska.edu/default.asp> offers instruction and classes towards General Education Diplomas (GED), Associates degrees, speciality certifications, and limited Bachelor degrees.

Education – Training (College-Technical):

The Base Education Center is located in the Barracks complex (Building 7 Barracks 4). The Education Services Officer (ESO) for all units except Air Station personnel can be reached at 907-487-5394. Air Station ESO can be reached at 907-487-5395.

Coast Guard Correspondence Courses can be ordered at the Education Center. The center stocks all required end of course tests for their respective commands.

The center is an authorized DANTES Testing Center and as such provides a variety of programs that are made available to the Coast Guard community. Some programs (i.e. CLEP, DSST) are available for spouses.

College placement exams include SAT and ACT and several other specialty tests. College credit by exams include CLEP, DANTES (DSST) and Excelsior College exams. The Center can also proctor exams for other educational institutions.

Kids Activity Corner

Listed below are some items that may be of interest to your children throughout your stay on Kodiak:

Kodiak Wildlife Refuge <http://www.kodiakwildliferefuge.org>

487-2626 or 888-592-6942

Some Events Available: Summer Salmon Science Camp; Family Nature Club; FUN Program; Center with Wildlife displays & gift shop.

Kodiak Baptist Mission <http://www.kodiakbaptistmission.org>

Camp Info: 486-4126

Some Events Available: Island Summer Adventure Camps; Camp Woody

NOAA Kodiak Laboratory Aquarium & Touch Tank

www.afsc.noaa.gov/Kodiak/facilities/aquarium.htm

Aquarium and fisheries displays and marine life touch tank available Monday-Friday during normal business hours. Closed on federal holidays. This is a federal office research building located across the bridge on near island.

Kodiak Arts Council www.kodiakartscouncil.org

Various productions and plays each year along with the Sum'Arts for Kids Camps during the summer

Boys and Girls Club (MWR on base located in the gym) www.kodiakmwr.com

Info call: 487-5250 or 5271

Some Events: Youth Athletics; Skate Park; Teen Center Activities; Special Events

Kodiak Military Museum www.kodiak.org/museum/museum.html

More Info Call: 486-7015

Summer Hours: May-Sept 1300-1600 Sat & Sun

Alaska State Parks <http://dnr.alaska.gov/parks/aspunits/index.htm>

Fort Abercrombie: Hike and Picnic

Buskin River: Fish and Beach Comb

Pasagshak: Camp and Fish

All providing a lot of outdoor fun and adventure!!!!!!

City of Kodiak Parks & Recreation:

<http://www.city.kodiak.ak.us/parks/Pages/default.aspx>

Ice Rink (Hockey & Ice Skating), Little League, Little Dribblers Basketball, Swimming, etc.

Kodiak Football League: <http://kodiakfootballleague.org/>

Youth and High School Football

Berry Picking - Hiking - Fishing - Beach Combing - Wildlife Viewing

Spousal Employment

Kodiak Job Center: The job center is operated by the State of Alaska and located at 309 Center Street, Kodiak, AK.

Open Monday - Friday 8:00 am - 5:00 pm

Phone: 907-486-3105

Toll Free: 800-478-3105

Fax: 907-486-4716

Job Listings on the Internet: www.jobs.alaska.gov (You may use Unit address to set up account)

Services Include: Job Listing & Applicant Referral

Internet Access 24 hours a day at www.jobs.alaska.gov

Labor Market Information

Application & Resume Assistance

Workplace Alaska and Online Application Assistance

State Certificate of Fitness Application and Testing

Continuing Education Information

Job Skills Training Programs

Typing Proficiency Testing

Interview Preparation

Wage & Hour Information

Occupational Information

Career Planning

Vocational Counseling

Internet Computer Access

Support Services (phone, fax, copier)

Career Ready 101 and WorkKeys Skills Testing

Unemployment Insurance direct line available in lobby or call 888-252-2557

Federal Employment: www.usajobs.gov

Qualified Military Spouses on PCS orders to Kodiak can apply for Federal Jobs with the Coast Guard using "Military Spouse Appointment Authority (Executive Order 13473)". Spouses must be on military PCS orders and relocating with active duty member. Spouses have a 24 month window to use the authority to apply. Information is available on the Internet at www.fedshirevets.gov.

NAF Jobs are available on base also contact the MWR Office directly at 907-487-5126.

Must Know Information Tid-Bits!

- Active Duty members and Federal Civilians have a \$250 Annual SEG (education grant) through CG Mutual Assistance for books and fees but if they are not using it spouses and dependent children can use it!
- Don't hike alone! Audubon Society offers guided group hikes most Saturdays May - October current schedule can be found at the Kodiak Visitors Center.
- Newcomer's Welcome Aboard Fair is held each August in the MWR Gym join us!
- Keep your cell phone plan until you arrive in island then change to a provider with coverage in the area. Make sure you ask for your military discount!
- Military lodging is available in Anchorage at JBER (Joint Base Elmendorf Richardson) on space available basis. North Star Lodging: 907-552-2454 Ft Richardson: 907-384-0436
- Military spouses leaving employment due to PCS transfer orders may be eligible to collect unemployment. Each state is different make sure you file for determination if you are unsure.
- Mail can be sent to your unit address until you have a permanent address established.

**Welcome to Team Kodiak and
have a safe trip to Alaska!**